

Daily Affirmations- March 2015

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Sunday, March 1 st	I sometimes feel helpless but I am not hopeless.
Mon., March 2 nd	Start fresh. It's never too late.
Tuesday, March 3 rd	Appreciating individual differences, I promote feelings of self-worth for me & others.
Wed., March 4 th	Stay positive. Stay focused.
Thurs., March 5 th	I reject the destructive lies I've told myself in the past.
Friday, March 6 th	If you think it and believe it, it will happen. That's the secret.
Saturday, March 7 th	I have stumbled. Now on solid footing, I'm on the rise.
Sunday, March 8 th	Today is the day that God has made. Let us rejoice and be glad.
Monday, March 9 th	I respect the rights, dignity and property of others.
Tues., March 10 th	I treat people the way I want to be treated.
Wed., March 11 th	When we fail to plan, we plan to fail. I am working on my plan for a new and better life.
Thurs., March 12 th	Plant yourself around positive people and overcoming addiction gets easier every day.
Friday, March 13 th	Tell the negative voices in your head to shut up. Adopt new positive inner voices.
Sat., March 14 th	Tomorrow is not promised so live today to the fullest.
Sunday, March 15 th	Ask and you shall receive.
Mon., March 16 th	Look in the mirror and say "I love you."
Tues., March 17 th	While we have breath we have time to choose a different life.
Wed., March 18 th	Carpe Diem. Seize the day.
Thurs., March 19 th	I look forward, not backward.
Fri., March 20 th	I direct my anger toward problems, not people.
Sat., March 21 st	Life can be better. It's what I make it.
Sun., March 22 nd	I can do all things through Christ who strengthens me.
Mon., March 23 rd	Prepare yourself to kiss a prince, not a frog. You're worth it.
Tues., March 24 th	Everything happens for a reason.
Wed., March 25 th	Be strong. Be brave. Be true. Endure.
Thurs., March 26 th	Never let anyone steal your joy.
Friday, March 27 th	Knowledge empowers you and fuels change.
Sat., March 28 th	You only live once. Make every second count.
Sun., March 29 th	Let the Lord be a lamp unto your feet.
Mon., March 30 th	Love and care for yourself and you can accomplish anything.
Tues., March 31 st	Say "I forgive you" to someone who has hurt you.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power. One Day at a Time.

"We Rise by Lifting Others" – Robert Ingersoll